



Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority September

Inside this issue

Mayor's Spotlight

Age Well: West Roxbury

Online Profile

Tax Deferral

Aging Gracefully

What the Elderly Commission Can Do For You

FREE

2007
Volume 31
Issue 7

Table of Contents:

Page Number

3	Mayor's Spotlight
4	Carney Hospital
6	Age Well: West Roxbury
8	Generations Incorporated
10	Homeland Security: National Preparedness Month
11	Elsie Frank Meals on Wheels Road Race
12	Online Profile
14	Tax Deferral
15	Elder Friendly Business Districts
16	Aging Gracefully
18	What the Elderly Commisison Can Do For You
19	Osteoporosis
22	Healthy, Wealthy and Wyse
28	Elderly Commission's Caregiver Programr
29	Tony C.: Tragic Hometown Boy



Check out our NEW and improved website

www.cityofboston.gov/elderly

Call us with comments and suggestions (617) 635-3244

Email articles and comments to

Bostonseniority@cityofboston.gov

Boston Seniority

Volume 31 Number 7

Published by the City of Boston

Commission on Affairs of the Elderly

Thomas M. Menino, Mayor
Eliza F. Greenberg, Commissioner

Kaysea Cole
Teresa O'Connor
Martha Rios
Editors

Eileen O'Connor - portrait
Kaysea Cole - landscape
Photographers

City Hall Plaza-Room 271 Boston, MA 02201
(617) 635-4366
www.cityofboston.gov/elderly

Kaysea Cole
Deputy Commissioner of Communication &
Policy

Kathleen Giordano
Deputy Commissioner Community Relations

Joanne Lee
Deputy Commissioner Advocacy and Planning

Greg Rooney
Deputy Commissioner Transportation

Francis Thomas
Deputy Commissioner Administration &
Finance

Printed by the City of Boston
Graphic Arts Department
Paul Dennehy, Superintendent



Boston Seniority is supported in part by
The Executive Office of Elder Affairs.

*Although all advertising material accepted is expected to
conform to professional standards, acceptance does not imply
endorsement by the City of Boston,
Commission on Affairs of the Elderly.*

Mayor's Spotlight



Boston has always been a gateway for immigrants. In fact, 1 in 6 U.S. citizens trace their ancestry back to the port of Boston. Our residents come from every nation in the world. Today, there are more than 200,000 individuals living in the Commonwealth of Massachusetts who are eligible for citizenship. Of those permanent residents, more than 80 percent live in the Greater Boston area. Many come from Spanish-speaking countries, including the Dominican Republic, El Salvador, Columbia, and Guatemala.

We need to ensure that all of the voices in Boston are heard and that everyone has a chance to contribute, because diversity is Boston's greatest strength. That's why the City's Office of New Bostonians is joining forces with the Greater Boston Ya Es Hora ¡Ciudadanía! (Citizenship: It's Time)

Alliance to help eligible immigrants apply for citizenship.

Last month Ya Es Hora kicked off an unprecedented national year-long campaign to inform, educate, and motivate eligible permanent Latino residents across the country to apply for U.S. citizenship. The goal is to naturalize one million new citizens by the end of the year.

Locally, this campaign is coordinated by a diverse group of community organizations, unions and media outlets, such as SEIU 615, Centro Presente, Centro Latino de Chelsea, CORES, Irish Immigration Center, MIRA, Immigrant Information Center, Agencia ALPHA, LUMA, and the Asian Community Development Corporation, among others, in collaboration with the Office of New Bostonians, the Boston Public Libraries, and the Boston Centers for Youth

and Families. I am proud of the City's active participation in this campaign.

In order for our city to reach its full potential, we need to make sure that all of our residents have the ability to participate in the public process. The best way to achieve that goal is through citizenship. My administration is committed to breaking down the barriers of race and class and culture that continue to hold back too many people.

When we address these issues in a thoughtful and constructive way, we can create real opportunities for people of every color, gender, and income. Too many immigrants today spend years going through red tape to acquire the proper immigration status. We need to fix that and Ya Es Hora is just one way to do that.

After meeting its goal, Ya Es Hora, will focus on registering eligible citizens to vote. Since the campaign began in January, more than 519,000 people have begun the naturalization process, and citizenship applications have increased more than 60 percent nationally.

If we continue to work together, I know that Boston a city teeming with diversity will be a place where everyone has an opportunity to make it in America.

Caritas Carney Hospital Opens State-of-the-Art Cardiovascular Center

Enhanced Diagnostic Capabilities Provide New Level of Community-based Cardiovascular Care

Dorchester, MA—

Caritas Carney Hospital (CCH) today announced the opening of its state-of-the-art vascular and catheterization laboratory. The new John and Margaret McNeice, Jr. Cardiovascular Center provides the community with a high-tech interventional cardiovascular suite along with redesigned pre-procedure and patient recovery areas. The lab also serves as the foundation for the integration of the cardiology departments from both CCH and Caritas St. Elizabeth's Medical Center (CSEMC).

Specialists in the CCH cardiovascular program can now perform highly specific and integrated non-invasive testing for patients who are at risk for coronary artery disease and for those managing stable coronary artery diseases. The Cardiovascular Center offers local access to high-tech diagnostic evaluations, such as nuclear stress tests and stress echocardiograms.

According to Jeffrey J. Popma, MD, the newly appointed director of invasive cardiovascular services for CCH and CSEMC, this sophisticated

level of care will benefit both emergency patients, as well as those who are managing stable coronary artery disease.

"The new technology provides CCH with the ability to define coronary anatomy with appropriate triage to medical therapy, coronary artery bypass surgery, or urgent primary percutaneous coronary intervention with CSEMC," Dr. Popma says. "Dr. James Morgan, chief of cardiology at CCH, has assembled a team of highly skilled invasive and noninvasive cardiologists, including Dr. Paul Boinay and Dr. Lisa Antonelli to provide on-site consultative and interventional services at Carney."

"The advanced therapies now available within the Caritas Health Care System provide high quality, evidence-based patient care to the Dorchester area communities that are in need of localized care in our neighborhoods," said Daniel O'Leary, MD, president and CEO of CCH. "Patients can feel a sense of confidence knowing our team has enhanced diagnostic capabilities along with a wealth of knowledge and experience in providing acute and long-term cardiovascular care."

"Approximately 20 million Americans are afflicted

with coronary artery disease and around 1.5 million develop a heart attack each year," said Dr. Jeffrey J. Popma. "Our new cardiovascular center provides Dorchester and surrounding communities with highly specific and integrated care for coronary artery disease and acute coronary issues. Local access to high tech evaluations can ultimately make the difference in life or death situations and will lead to better overall patient care."

Caritas Carney Hospital is a 159-bed community teaching hospital affiliated with Tufts University School of Medicine and a member of Caritas Christi Health Care, the second largest health care system in New England. Caritas Carney Hospital provides a wide range of services including primary care medicine, a wide range of surgical specialties and subspecialties, inpatient and outpatient psychiatry, emergency medicine, critical care, pediatrics, cardiology, neurology and ambulatory services.

The City of Boston *Elderly Commission* Senior Companion Program



Senior Companions socialize and have lunch at the annual recognition luncheon.

Thanks for making a difference!

For more information on how you can get involved, please call (617) 635-3987

*"I volunteer because I have the time now and I like knowing that I am making a difference".
- Senior Companion*

Questions about your medicine?



Ask your pharmacist. We're everywhere you are!

In addition to your neighborhood pharmacy, you'll find pharmacists in:

- ✓ Hospitals
- ✓ Clinics
- ✓ Rehabilitation centers
- ✓ Nursing homes
- ✓ Home care
- ✓ Doctor's offices

In all of these places, pharmacists work closely with doctors and nurses to make sure you get the best health care possible. From advising doctors about appropriate medications, to helping patients manage diseases like diabetes and high blood pressure, to protecting you from dangerous drug interactions and medication errors, we're here to make sure your medicines work.

Wherever you are, ask for your pharmacist when you have questions about your medicine.



Together we make a great team!

For more information, visit www.SafeMedication.com.

The Elderly Commission

Retried Senior Volunteer Program

Volunteers Wanted

The Retried Senior Volunteer Program

is a great way to get out, socialize, and contribute to something good.



Boston

NEW Volunteer Opportunities

The Friday Night Supper Program - The Friday night food pantry is looking for daytime help preparing food and nighttime help serving dinner for the homeless. Located at Arlington Street Church, 351 Bolston St. across from the commons.

Match-up Interfaith Volunteer Caregivers - Get matched up with a person of any age. Help with errands or appointments or just visit.

Boston Medical Center - Clerical assistant, help with book carts, adult food pantry, hospital greeters in cardio centers.

Marion Manor Nursing Home - Visit with residents.

Jumpstart Older Adult Corps - Work 1 on 1 with a preschool child starting in Sept.

For information on any or all of the volunteer opportunities mentioned, please call The Elderly Commission and speak to Fran @ (617)635-3988 or Lee @ (617)635-1794

Community Event: Senior Discounts and Services

On Tuesday, September 25th, from 9:00 a.m. to 12 noon, Ethos and AgeWell West Roxbury will partner with the West Roxbury Business Association to present a forum of local businesses with a senior focus to their services or products, or special discounts for seniors. The public is invited, free of charge. Please RSVP to Grace, 617-522-6700, ext 316.

What is Ethos?

Since 1973, Ethos has been dedicated to helping the elderly and disabled remain at home for as long as possible. Neighborhood-based and non-profit, Ethos provides services to seniors including: Home Care, Meals on Wheels, Money Management, Nutrition Counseling, Protective Services, Caregiver Support, and more for thousands of elderly

and disabled. It is designated as the Aging Services Access Point for seniors in southwest Boston.

AgeWell: Seeking Input from Seniors

In October 2006, Ethos launched an initiative, named AgeWell West Roxbury, to build relationships with local seniors and their caregivers, and to learn what kinds of services are needed by seniors in the community of West Roxbury. The goal of the program is to inform West Roxbury residents of services available to them at home, to connect residents with these services, and to allow them to age as well as possible within their own community. Services offered by Ethos to the community of West Roxbury range from home-making and personal care, to grocery

shopping and home delivered meals; all services aim to increase independence, improve quality of life, and to promote the dignity and well-being of elderly and disabled residents.

Why?

Many are not aware of the resources available to them or how to access the services they need. Most seniors want to remain living in their own community so they can remain close to friends, family and church. This can become difficult as a result of diminished income, health changes, or increased care-giving responsibilities. It is hoped that the success of the project will encourage funding to expand the effort into each of the communities served by Ethos.

Agewell West Roxbury

Learn. Connect. Help.

Connecting the Community and Seniors

The Elderly Commission

Mayor Thomas M. Menino
Eliza F. Greenberg, Commissioner

Mayor Thomas M. Menino's Health & Fitness Walk for Seniors

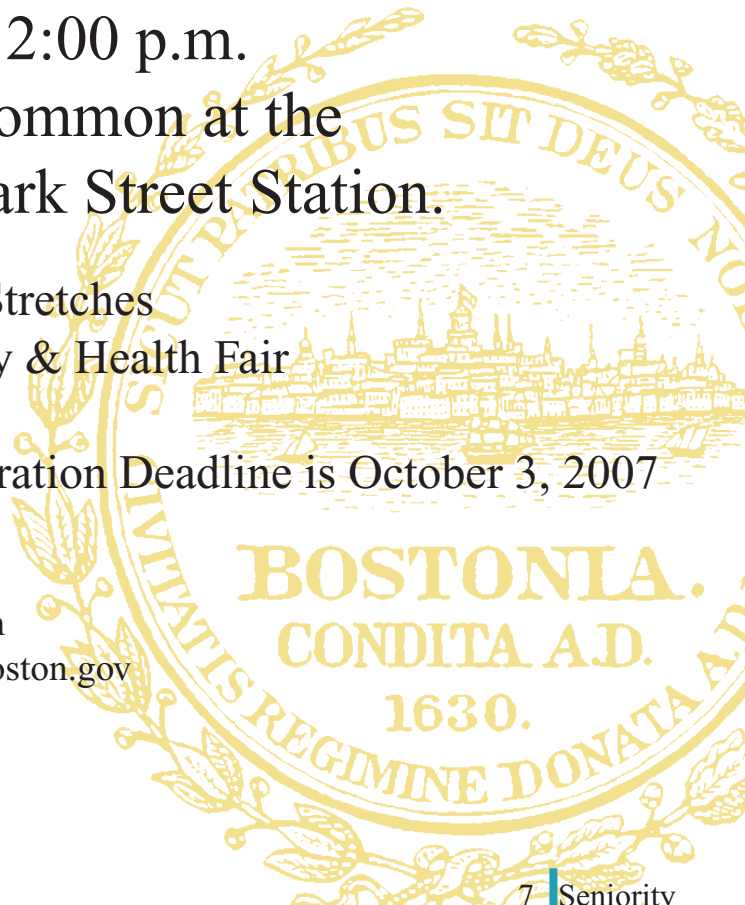


Wednesday, October 10, 2007
11:00 a.m. – 2:00 p.m.
on the Boston Common at the
Visitor's Center at Park Street Station.

Entertainment, 2/3 Mile Walk, Warm-up Stretches
Refreshments, Rain or Shine, Mini Safety & Health Fair

On the Red and Green T Lines/Pre-registration Deadline is October 3, 2007

For more information, please call Michael McColgan
617-635-4168 or e-mail michael.mccolgan@cityofboston.gov





Generations Incorporated: A Proven Leader

As the region's leading intergenerational organization, Generations Incorporated brings older adult volunteers into schools to provide literacy and mentoring support to thousands of Boston's children. Elizabeth Sorenson is one of our many talented volunteers. She is a Roxbury native who served for more than 40 years as a social worker at local homeless shelters. Elizabeth devoted her career to fighting poverty and drug addiction by promoting literacy. When Elizabeth had to cut her full-time career short after a battle with cancer, she turned to volunteering to get the job done. She now serves as a literacy tutor

each week at the Blackstone School in Roxbury. Elizabeth joined us because she believes, as we do, that "Getting children educated and able to read is the future."

Our program is called Experience Corps, a national program that taps into the growing population of older adults as a resource to address critical community needs. During the most recent school year, 315 highly trained and committed older adults like Elizabeth, mostly all Boston residents, served in Experience Corps teams at 19 elementary schools and after school programs in Dorchester, Roxbury, and South Boston. They collectively contributed over 55,000 hours of mentoring services to children in

Kindergarten through Grade 5 – serving over 3,000 children.

We first started doing intergenerational work in 1991, when we brought middle school children to local nursing homes to develop fun relationships with residents. We shifted focus in the late 1990's and began to engage retirees as tutors and mentors. By 2002 we had 40 volunteers serving nearly 500 children. At that point our success began to generate national attention, and we were awarded a four-year expansion grant by the national Experience Corps program. We are now the second largest program in the nation and plan to double in size in the next 5 years.

Working in schools is the perfect opportunity to use our experience for the greater good. "I love serving here because it enables me to give back to the same community I have lived in and raised a family in Boston for the past four decades," said one new volunteer. "I view my semi-retirement as an excellent time to help the next generation of Dorchester's children, and I will continue to... provide that help."

At the heart of our efforts are the intergenerational relationships that develop between child and volunteer as well as the mutual benefits both gen-



erations receive as a result of the program. Not only do children have another reliable and caring adult in their lives, but their academic performance improves as a result of the comprehensive tutoring they receive. The volunteers feel more connected to their communities, stay physically and mentally active, have a child in their lives, and “get more than they give,” in the words of many.

As we head into the new school year, Generations Incorporated will be developing a new initiative that will provide leadership and learning opportunities for our volunteers. We will create new roles for older adults. Some of these roles will be as staff: fundraisers, trainers, recruiters, and managers. While we still need many more volunteers to serve as mentors, we also need more

volunteers to lend their administrative and professional experience to our operations

There are at least six excellent reasons to consider becoming an Experience Corps member at Generations Incorporated:

- Members receive excellent training and other benefits.
- Members have a variety of roles to choose from.
- Members receive daily support and are kept informed of all organizational activities and issues.
- Members are valued by the organization, the schools, community, and children.
- Members work as part of a team, providing an immediate social network of peers.
- Members are recognized for their contribution.
- Members have a wonderful, meaningful experience.

There are already more than 300 of us who serve as Experience Corps members with Generations Incorporated, and more are joining every day. We use several methods to find new members, from working with AARP to regular outreach to churches and civic organizations. The most effective method is peer-to-peer recruiting, with each of us inviting friends and neighbors to serve.

“The mentoring programs offered by Generations Incorporated are a lifeline for thousands of at-risk students who would otherwise be likely to drop out of school or even be involved in crime. The attention, guidance, and support they find in a mentor can make all the difference in their lives.”

—Senator Edward M. Kennedy

For more information on Generations Incorporated programs, please contact Volunteer recruitment at 617-778-0553 or volunteerinfo@generation-sinc.org Visit our website at www.generationsinc.org.

You may also sign up through the City of Boston *Elderly Commission's* Retired Senior Volunteer Program (R.S.V.P). Please contact Fran Johnenne at 617-635-4366.



September is national preparedness month

Be smart. Be prepared.

Frequently Asked Questions

Q: What is National Preparedness Month?

A: National Preparedness Month is a nationwide effort to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. Throughout September, the U.S. Department of Homeland Security will work with a wide variety of organizations to highlight the importance of emergency preparedness and promote individual involvement through events and activities across the nation.

Q: What is the purpose of National Preparedness Month?

A: The goal of National Preparedness Month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action. Throughout the month, the U.S. Department of Homeland Security asks all Americans to take some simple steps to prepare themselves and their families for emergencies including getting a family emergency supply kit, making a family emergency plan, being informed about different threats and getting involved in preparing their communities.

Q: How can I better prepare myself and my family for an emergency situation?

A: One of the simplest things you can do to be better prepared is to have a family emergency plan. To develop one, ask yourself some important questions. "In the event of an emergency, do we have everyone's contact numbers and an out of town contact?" "Is there a designated place for everyone to meet outside of the home and neighborhood?" "What is the emergency plan including the evacuation location of my child's school?" Only you can answer these questions and develop an emergency plan that will suit your family's unique needs. You can download templates to help get you started. For U.S. Department of Homeland Security's Family Communications Plan template go to www.ready.gov.

Q: What other things can I do to be prepared?

A: Create a kit that can be used in case of emergency. The kit should include basic items like water, food, battery-powered radio, flashlight and a first aid kit. For a complete list of recommended supplies go to www.ready.gov.

Q: Where can I learn more

about different threats and emergency preparedness?

A: To learn more about natural disasters and potential terrorist threats go to www.ready.gov. For specific questions about the area where you live, contact your local Office of Emergency Management, Citizen Corps council or your state contact:

Phil Stocking, Training Officer
Massachusetts Emergency
Management Agency

Phone:

(508) 820-2018

Email:

phil.stocking@state.ma.us

Q: How can I become involved in my community's preparedness efforts?

A: Citizen Corps provides residents with opportunities to prepare, train, participate in community exercises and support local emergency responders. For more information or to get involved visit www.citizencorps.gov to find your local Citizen Corps council.

Not just support – **hope**
Not just research – **progress**
Not just information – **answers**

“Not just a walk –
another step in the right direction”

– Judy, breast cancer survivor

Hear Judy's story and learn how you can support the American Cancer Society and be a part of the fight against breast cancer through Making Strides Against Breast Cancer at www.cancer.org/stridesonline.

October 14, 2007
Charles River Esplanade, Boston



Hope.Progress.Answers.® / 1.800.ACS.2345 / www.cancer.org/stridesonline

Kit Clark Senior Services
Elsie Frank Meals on Wheels 5 K Road Race

On Saturday, September 29, 2007 Kit Clark Senior Services will hold its second annual 5K Road Race at Pope John Paul II Park, in Dorchester (on the banks of the Neponset River, a 65-acre park with walkways, scenic open areas, playing fields and native plantings.) **Registration starts at 9:00 A.M. Race starts at 10:00 A.M. rain or shine.**

The Road Race is a fundraiser to support Kit Clark's critical programs for older adults in Greater Boston. The Road Race is named in honor of Elsie Frank, Congressman Barney Frank's late mother. Mrs. Frank was a tireless advocate for older adults' rights and for her work as the President of the Massachusetts Association of Older Americans.

Meals on Wheels is one of Kit Clark's largest programs, with over 600 meals delivered daily to homebound seniors across the Greater Boston area. Kit Clark serves over 4,000 seniors annually with a wide range of supportive services to help them live independently and with dignity in their community.

Registration fee on or before September 16, 2007 is \$15.00, payable to Kit Clark Senior Services, 1500 Dorchester Avenue, Dorchester, MA 02122. Race day registration is \$17.00. On-line registration application is available at Signmeup.com. Walkers are encouraged to participate in this event. For more information, to volunteer, or to make a donation please call Anita Nasra at (617) 825-5000 or send e-mail to anasra@kitclark.org or visit our website at www.kitclark.org

.....Free Public Parking...

Online Profiles in One Generation

By Amelia Serrafin

Whoever said dating was only for the young and frivolous? Nobody. What if it is like wine and cheese, better as it gets older? Consider the movie “Something’s Gotta Give”, where an old playboy finally finds true love with a divorced playwright. In the novel “Terms of Endearment”, a widow has a series of suitors, culminating in an older astronaut. Sure, dating has changed since the baby boomers were first putting on lipstick. But, it also has stayed the same.

Undeniably, seniors can have more to contend in this department. Many widow/widowers are dipping their toes back into the dating pool after years of marriage or grieving. Most admit that they feel guilty dating again. Yet, dating anew doesn’t mean that you don’t treasure the memory of your deceased spouse. As one article writes, it was a “long, loving chapter in the book of your life”. It’s all right to need connection again. It is the beginning of the “next chapter in your life adventure”.

Seniors may face disapproval from children and family, as they start to date. This disapproval is often simply veiled concern. Act with confidence in a happy outcome, to allay their fears. Keeping your family informed about your dating plans

is also a good safety measure.

Senior health issues might seem prohibitive at times. But, if possible, let’s try and win out over those bodily aches. Take that arthritis medication and get out there on the dance floor!

These dilemmas aside, the true quest for the Holy Grail of romance is finding where to meet people. Seniors often meet partners at churches, synagogues and other places of worship. One of my senior aunts met her husband at a church function and happily disappeared into the sunset.

Also, senior centers host many events and activities, and love always lasts longer after a rousing game of bingo.

Seniors’ penchant for holiday dating is well-known. When I was on a Caribbean cruise, I could not keep up with the round-the-clock senior party schedule. Unfortunately, according to a study of 2,000 people in Britain, the majority of holiday romances last less than a week. However, if this is what you are looking for, a fling isn’t always bad, especially when accompanied with an all-you-can-eat midnight cruise buffet.

Our elders are enterprising and have not limited themselves to these traditional options. Some seniors are trying “speed dating”. Speed dating refers to an evening

of short “dates”, ranging from 3 to 8 minutes. After each “date”, the individual moves on to chat with another person. At the end of the event, participants submit a list of who they would like to provide their contact information to. There is no need to reject someone in person, and it is an opportunity to converse with someone intimately, with a built-in exit strategy. However, as one coordinator, aptly put, “This is a fun evening and not about a love connection.”

Without dispute, the romance wave of the moment is online dating. Seniors have overcome their technophobia and are running with it. Says Chett Bayliss, a 77-year old senior, whose wife died more than 25 years ago, “[I] learned to be internet savvy to get on match.com”. With online dating, there are plenty of choices, not just that gentleman at “Stop and Shop” who gave you a smile over that pile of carrots. It is relatively inexpensive and certainly less expensive than that party cruise, although less entertaining. It is easy to siphon out those with whom you share no interests or goals, with just a few clicks of the mouse. Nevertheless, there is something to be said for the magic of encountering someone face to face.

If you choose to date on-

line, try and use secure sites. Have a look at the privacy policy of the site before you log on. Never use your real last name, address, or phone number. Many online systems use a “double blind” system, which helps ensure this privacy. Don’t trust everything you see on a website. According to one survey, 11% of those who had accessed an online dating service, the previous day, were married. Ask for a photo, as plenty of would-be Casanovas lie about their age or physical characteristics. Not everyone looks like George Clooney, but generally the closer the better.

Here are a few choice tidbits on three of the more reputable and popular sites - Match.com, Senior Friend Finder, and eHarmony.

Match.com – This site has a very large member pool, which makes it more likely you will meet someone, particularly someone in your geographic area. You can post a profile for free, and browse for free. To contact someone, a basic one-month subscription is \$29.99. Match.com is well-known for safeguarding member privacy. The site claims, “What happens at Match.com, stays at Match.com”.

Senior Friend Finder – With 500,000 members, this service is considered to be one of the best senior dating services on the Internet. Exceptionally helpful to those new to the Internet, there is a “Help” section. The cost of Senior Friend Finder is

between \$20 and \$25 per month. The chat rooms are very popular, allowing seniors to form a close-knit, online community.

eHarmony – This is the site with those beaming, ecstatic couples, who boast about eHarmony. If you are seeking traditional marriage, this is your choice. One 2005 study estimates, that ninety eHarmony members get married every day. Members have to fill out a 436 question relationship questionnaire, based on science and psychology, surveying everything from your humor to spirituality. Unfortunately, many of my friends have been daunted by filling out so many questions. While eHarmony is more expensive than the other services, at a rate of \$59.95 per month for communication, the results are more concrete.

You can’t hide behind that computer screen forever. Where do we take that date? Soda fountains and drive-in movie theaters are fading away, so we all have to make accommodations. Dancing is still as popular as ever. I take two classes at my dance complex and have one mean, rogue jitterbug. Many dance facilities offer group lessons, so that you and your date can refresh that two-step. Exercise and outdoor activities work too. Jump into that canoe and take a trip down the Charles. Go with a group, if you have those pre-date jitters. If conversation gets sparse, enjoy the scenery and avoid those oncoming motorboats. For the

more sophisticated senior, there is always the museum option. I end up in the museum shop before I see an actual exhibit, but a compatible date might not mind. What about the bookstore date? A veteran Barnes and Noble manager, I can assure you that a piece of cheesecake shared over the Da Vinci Code has spawned many a love story.

Dating is an inexact science, despite eHarmony’s promises of science and certainty. I was on an awkward date once, I had to physically flee the Park Street T station. We all have to keep a good sense of humor about the whole process. And seniors, you have an advantage! While it has become more casual and the terrain has changed, so have you. There is nothing you haven’t seen before, whether professionally, socially or romantically. You are probably not as concerned about the nuances my friends fret over, like who registered for what spatula at Crate and Barrel. So, stay positive and stay persistent. Don’t forget that dating and companionship, is good for your mental and emotional, and even physical health. Don’t get discouraged because, as one source puts it, “every no brings you to the next yes”.



Tax Deferral



Are you 65 or older and having trouble paying your property tax bills?

There's a way to defer your taxes and remain in your home.

For more information and to see if you qualify, contact the Taxpayer Referral & Assistance Center (TRAC) at:

617-635-4287

The TRAC office is located in City Hall on the Mezzanine level. Office hours are Monday – Friday, 9 AM – 5 PM. Obtain information about the Tax Deferral program on line at: www.cityofboston.gov/assessing

FY 2008 New Interest Rate!

The tax deferral program should be considered when a taxpayer's current expenses make the continued ownership of his/her home difficult.

For fiscal year 2008, a 4% interest charge is applied to the deferred taxes. In 2007, Boston Mayor Thomas M. Menino and the City Council decreased the 41A interest rate from 8% to 4%.

Requirements:

- Reached the age of 65 as of July of the tax year
- Owned and occupied the property for at least 5 years as of July 1, of the tax year
- Resided in Massachusetts for at least 10 years
- a gross income not exceeding \$40,000

How long can I defer my taxes?

Taxes may be deferred annually until the taxes due, including accrued interest, equal 50% of the then assessed value of the property.

When must the deferred taxes be repaid?

The deferred taxes must be repaid when the property is sold, transferred or upon the demise of the owner.

When/where do I file?

Applications may be filed with the Assessing Department, Room 301, City Hall, Boston, MA 02201 within three months of the mailing date of the third quarter tax bill for Fiscal Year 2008.

For FY 2008, the filing period deadline will be **March 31, 2008**.

I deferred my taxes prior to fiscal year 2008 and was paying at an 8% interest rate. How can I get the new 4% interest rate?

Seniors who have previously deferred their taxes at the rate of 8% will have any new taxes deferred at 4%. However, previously deferred taxes will remain at 8%.

If enrolled in the deferral program, can I still receive other exemptions (i.e. elderly, veterans, blind, residential)?

Yes, you may be enrolled in the deferral program and also receive other exemptions.

Elder Friendly Program **Expands;**

Local Businesses Awarded Certification



On Tuesday, July 10, 2007 on behalf of Mayor Thomas M. Menino, Charlotte Golar Richie, the Director of the city's Department of Neighborhood Development and Commissioner Eliza Greenberg of the Elderly Commission, addressed an enthusiastic crowd gathered in the plaza at One Brigham Circle. They announced the expansion of the Elder Friendly Business District initiative, which has been piloted in Mission Hill, to four additional Main Street districts.

Fields Corner, Hyde Park, Roslindale Village and West Roxbury Main Streets have begun to recruit steering committee members and are talking to businesses about this effort.

Mission Hill has begun to evaluate businesses that are interested in being certified as Elder Friendly, and four businesses were presented with certification.

The Boston Building Materials Coop, Fuentes Market, Mike's Donuts, and Stop and Shop will all be displaying decals in their windows identifying them as Elder Friendly.

"Elder Friendly means our older residents can find what they need in their local business districts, products and information and get around with ease," Charlotte Golar Richie said.

Special thanks were given to those who participated. Executive Director of Mission Hill Main Streets, Maggie Cohn gave thanks to the "unexpected partners, who not only provided assistance but allowed (the group) to see additional potential for this project."

The Boston Steps program of the Boston Public Health Commission, the Center for Urban and Regional Policy at Northeastern, the Center for Community and Learning Partnerships at Wentworth, Boston Partnership for Older Adults (BPOA), Light

Boston and Match-up Interfaith Volunteers were all gratefully acknowledged.

Prior to the public event, Michel Soltani hosted a reception at Mission Bar & Grill for Elder Friendly Business District volunteers and supporters. Guests included Charlotte Golar Richie, Commissioner Eliza Greenberg, City Councilor Michael Ross, members of the Mission Hill Main Streets Elder Friendly Business District steering committee, the executive directors of Fields Corner, Hyde Park, West Roxbury Main Streets, and local volunteers with the program.

Elder Friendly Business
District Contact:

**Mission Hill
Main Streets
1530 Tremont Street
Boston, MA 02120**

Phone: 617-427-7399

Fax: 617-427-3003

Email:

**maggie@missionhill-
mainstreets.org**

Aging Gracefully

By Amalia Serafim

— The Lost Art of Self-Contentment

I would like to meet someone who would like to look his/her age. Young girls want to look older and dress more and more revealingly. We women, as we age, want to look younger, at any cost. I am not immune – I would like the metabolism I had when I was twenty-one, so I can eat a pizza and a hoagie for snack. But, there must be a solution in the face of all this age angst. Is it possible to age gracefully?

As is always the case, I must begin by blaming the media, in part, for our lust for youth. Media channels advocate age avoidance. The fountain of youth, it seems, springs on Dr. Phil. My differences with Dr. Phil aside, consider his special entitled, “Aging Gracefully”. His wife, Robin, sat down with various Hollywood personalities to find out what their secrets to aging were. One featured actress was Cher, a surprising choice. Cher’s musical stage presence, over the years, can’t be underestimated, from “Gypsies Tramps and Thieves” all the way to “Believe”. But, she is no role model for aging. Her multiple plastic surgeries, botox injections, and various other procedures have rendered her face completely unnatural and immobile. Then, Robin suggests a “wonder plant” and a succession of exceedingly, overpriced beauty products (interestingly, a skin rejuvenation center and Macy’s were co-sponsors of the show). Robin’s sole useful piece, was an interview with Olivia Newton John on early

breast cancer detection. In only the final moments of the episode, it was pointed out that aging should be about staying healthy and protecting ourselves from disease and premature decline.

Another afternoon talk show guru, Oprah fared no better than her prodigy Dr. Phil. She made similar magical, overpriced claims in one show, where she pursues, “The Okinawa Program”, the “best age-defying diet in the world”. The exaggeration in this statement is enough to make us suspicious. “The Okinawa Program” is simply a combination of diet, exercise and stress reduction. This is good sense and healthy living and no supernatural solution.

We can conclude that graceful aging is not something that can be found on Channel 4 at 3:00 p.m. In my research, there was a dearth of information on non-commercial avenues to aging gracefully. It is all pages and pages of potions and antidotes to the dreaded foes, age and time. However, one “Time” magazine article, entitled “Aging Naturally” by Andrew Neil, struck a chord. “Aging is a continuous and necessary process of change...it is important to learn to live in appropriate ways in order to maximize health and happiness”.

One method of aging with grace is exercise. Yes, I have heard many seniors complain of the risks of over-exercise. My grandfather often warns me of running, because my knees will give out. Yet, when I don’t exercise, I am moody

and curiously unable to fit into my clothing. A moderate amount of exercise is key, especially for seniors. Try some golf, some yoga, or even some tai chi. Do an exercise you enjoy, so you are more likely to continue with it. Or just walk, even if it is around the mall window shopping, although I suggest not bringing your credit card.

Another aspect of aging gracefully is evaluating the riskiness of our behavior, in a non-superficial context. Sitting in the lazyboy eleven hours a day is worse than the onset of wrinkles. Unfortunately, men in their 50s and 60s can be very sedentary, risking potential coronary disease. We should know our own personal health risks, which depends on medical and family histories. Getting regular medical checkups is critical. For myself, a family history of diabetes means I should steer clear of the maple syrup, as awful a prospect as that is.

Admittedly, it is difficult to ignore the explosion in the anti-aging business. The Clinique counter calls to me too, as I see the beginning of bags under my eyes. But, take the merchandise and advertisements with a grain of salt. We don’t buy everything we see on television, that promises solutions and quick fixes. In reality, the anti-aging industry is just this, an infomercial gone haywire. The claims are often unsupported by scientific evidence and many are harmful. If you do want to use anti-aging medications, it is best

to do so cautiously, weighing both the costs and the benefits, physically and financially. Read that label and look at the product ingredients. Perhaps money might be invested more soundly, by joining Gold's or the Y. Do a few free weights to strengthen muscle tone and prevent muscle atrophy. If the consumer bug bites you, skip that much touted "age-suppressor", and try a vitamin supplement. Taking a good daily multi-vitamin, multi-mineral supplement is a healthy alternative, and can compensate for dietary elements you might occasionally be lacking.

Yet, without a doubt, the most important component of aging gracefully is mental outlook. An optimistic mindset can bring the body in line with it. Of the seniors I know, the ones who are hopeful, idealistic and community-oriented seem the youngest. When completing a Food Stamp application in Charlestown recently, a senior told me she was 93, and

I didn't believe her. She had a full itinerary of activities and friends, and just seemed too busy to get old. There was dance class and Foxwoods to get to. Maybe the best antidote against aging is a full life. No medication can replace joy and enthusiasm, and combat the depression and anxiety.

On a final note, according to "Time" "Aging brings rewards as well as challenges". Perhaps we should concern ourselves with what our age brings us, rather than what surface characteristics may be changing. I may not be able to eat a box of Twinkies any more, but I am not as impulsive and reckless as I was at twenty-one. This is a definite improvement. The seniors I work with might not be runway models, but their wisdom is paramount to any flawless feature. The savvy and perspective, reaped from a lifetime of experience, transforms the elders I work with. With their walkers and canes, they are beautiful to me.

Let's make some resolutions. Let's ignore the beauty standards that the media has created for us, doggedly fighting every last wrinkle to the death. I would be proud to look like Dame Judy Dench when I am 73. Let's not compete with our peers, who are likely fearing the same enemy, age, and shopping at that self same beauty counter we are. Let's resolve not to spend all of our hard earned dollars on beauty and anti-aging medications, which will likely disappoint. Let's focus on the things that will bring us personal, internal satisfaction, maybe a museum pass or a long-distance phone call to a far away friend. Consider this new twist on an old cliché – true beauty comes from within, and it is timeless and ageless.

Make your own Summer hand and body lotion
that you can use all year long!

Summer lotion

INGREDIENTS

- 1 tablespoon cocoa butter
- 2 tablespoons jojoba
- 1 tablespoon aloe vera gel

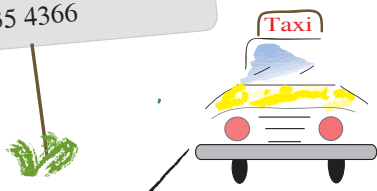
1. In a double boiler over low heat, melt the cocoa butter with the jojoba. Allow to cool for a few minutes, then mix in the aloe vera gel with a whisk.
2. Store in a glass jar with a screw lid. Keeps for 6 months.

Makes about 1/4 cup.

To use, dab a bit on your fingers and apply to clean skin, rubbing it in using gentle circular motions.

Want
summer to
last
longer?

The Elderly Commission
Attention Boston Seniors
buy taxi coupons 1/2 price
617 635 4366



The Elderly Commission Helping you Move Along

By: Martha Rios

This article is a follow up from our Summer Issue. It's based on personal stories on how the Elderly Commission can benefit you. There are eight advocates in our department who each cover different sections of Boston. The advocate you will be reading about today is Ivy Pham. She has been with the Elderly Commission for five years now and the area she covers is South Dorchester.

When I ask Ivy to tell me what she likes about her job as a community advocate, she replies, "I like working with seniors. I like everything about my job. There are good days and there are bad days but in the end, you feel good about helping a senior." Ivy is a dedicated advocate who speaks fluent Vietnamese which is a plus for seniors who are Vietnamese.

One senior who met Ivy was Mary Boudreaux. Mary grew up in the West End and when she married she moved to Dorchester, where she has been for over 60 years now.

The service from the Elderly Commission that came in handy for Mary was transportation. Transportation services are very important, especially if you are a senior who is not mobile and needs transportation assistance to get to appointments, grocery store and to meet with friends.

Mary is an independent 83

year old (Happy Birthday!) who lives an active lifestyle. For the past 10 years, she has been volunteering 20 hours a week at the Tynan School in South Boston, through the Foster Grandparents Program. In this program, seniors volunteer 20 hours a week with children in schools, daycare centers and hospitals etc. Mary is extremely pleased to be working with a wonderful teacher at the Tynan where she has the opportunity to watch the children grow while also insisting that, "the kids keep me young."

The transportation programs at the Elderly Commission have assisted Mary in maintaining her independence. She says she has a lot of help from the various transportation programs including the Taxi Coupon Program, the Senior Shuttle, and The Ride provided through the MBTA. All of these services help Mary get her shopping done, taking her to medical appointments, and to get to work.

Mary goes on to mention how lovely a girl Ivy has been in securing someone to help her clean the house so she doesn't have to do it all by herself. Mary denies the offer by saying, "as you notice, this is the only way I keep myself going is by cleaning my house because otherwise I wouldn't do it." She says that when her arthritis

kicks up, the housecleaning helps keep her moving around which she jokingly says, is her exercise.

Seniors should feel comfortable coming to the Elderly Commission for help. Ivy says, "it does not hurt to ask. You will never know all of the benefits available in Commission unless you ask. For instance, some seniors decided not to go on an event because they don't want to hang around with other seniors. What they don't realize is that they usually end up making friends and have contact with the outside world. It keeps seniors from being home alone. It's good to have friends and socialize." Ivy goes on to say that Mary continues to look out for other seniors by telling them about the services offered at the Elderly Commission.

If you are reading this article and you think you or someone you know can benefit from the services offered at the Elderly Commission, please call 617-635-4366.

Call the Senior Shuttle
(617) 635-3000

Available Monday - Friday
8 a.m.- 4p.m.

Make sure to give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

Osteoporosis and Calcium

Osteoporosis is when your bones are robbed of their strength. It is most common in older women. This condition usually becomes apparent in the later years, but it develops 'silently' with no real signs earlier in life. One of the most common revelations of osteoporosis is a broken hip. A person suffering from osteoporosis who merely bumps into a table can shatter their fragile bones into so many fragments they can't be reassembled. Joint replacement surgery, which replaces the broken bone fragments, is a major and costly procedure. In the United States approximately 300,000 people are hospitalized each year due to osteoporosis-related hip fractures, and one fourth of those people can never walk again. All adults lose bone mass as they grow older, beginning at the ages of 30 and 40. However, several studies link the mineral calcium to prevention of osteoporosis.

Your bones contain mostly calcium and phosphorus, which are minerals that give bone its rigidity. Dietary calcium is the key to preventing osteoporosis. Adequate calcium intake is essential to achieve optimal bone mass. Even in adulthood and in post-menopausal women, high calcium intake can promote bone strength, prevent further deterioration, and reverse bone loss. A sufficient intake of vitamin D is needed to absorb calcium, as the two minerals work together to provide good

bone health. Vitamin D can be obtained by exposure to the sun for as little as 15 minutes. Milk and milk products are also good sources of vitamin D.

Weight-bearing exercises also contribute to good bone health and may help stave off osteoporosis. Muscle strength and bone strength go hand-in-hand. When muscles are put to work, they pull on the bones and stimulate them to grow denser. Dancing and walking several times a week are great activities to keep bones healthy. Regular physical activity along with a sufficient calcium intake helps to increase bone strength.

Senior and post-menopausal women are recommended to have 1200 milligrams of calcium per day. One cup of milk, regardless of fat content, contains 300 milligrams of calcium. The best sources of calcium include milk and milk products, small fish with bones, tofu, greens like broccoli and chard, and legumes.

Overall, osteoporosis can be a debilitating condition, but you can still employ effective strategies for prevention. Eating a well-balanced diet that is high in calcium and partaking in regular physical activity reduces your risk for osteoporosis. Abstaining from things that greatly impair your health like alcohol and smoking cigarettes also reduces your risk for osteoporosis. If necessary, talk to your physician about tak-

ing calcium supplements to aid in restoring and preventing further bone loss. Your bones are what carry you each day through life, so take care of them!

Public Markets

The SoWa Open Market

May 19- October 28 (Sundays)
Featuring arts and crafts vendors
Harrison Avenue, South End
www.southendopenmarket.com

Farmers Market

May 21- November 21
(11am - 6pm, Mondays & Wednesdays)
Boston City Hall Plaza

May 22- November 22
(11am - 6pm, Tuesdays & Fridays)
Copley Square

June 5- October 30
(3 - 7pm, Tuesdays & Thursdays)
Dudley Street, Roxbury

July- October (2 - 7pm, Tuesdays)
Constitution Beach, East Boston

July- November
(12 - 5pm, Tuesdays;
12 - 3pm, Saturdays)
Centre Street, Jamaica Plain

July 18- October (2 - 7pm, Wednesdays)
Thompson Square, Charlestown

July 23- October 29
(10am - 6pm, Mondays)
West Broadway, South Boston

May 21- November 8
(11:30am - 6:30pm, Mondays,
Wednesdays, Thursdays)
Dewey Square
www.mass.gov/agr



The Elderly Commission

Mayor Thomas M. Menino

Food Stamp Program

Seniors - are you eligible?

The average MA Food Stamp benefit is
\$75!

Less than one third of qualified
seniors are enrolled in food stamps!

To receive assistance with a Food Stamp
application, please contact:

Amalia Serafim

Commission on Affairs of the Elderly, City of Boston

Amalia.Serafim@cityofboston.gov

617-635-3989



The Elderly Commission is *LIVE* in your living room every
Tuesday at 3:30 p.m. on Channel 9!

Find out what's going on with Boston's senior citizens.

The Elderly Commission

On TV

For more information on how to get involved please contact
Kathleen Giordano, Deputy Commissioner of Community Relations
at 617-635-4362.



Eat Healthy Recipes

Chicken, Broccoli, Tomatoes, Rabe & Feta on Toast

Ingredients

4 thick slices whole-wheat country bread
1 clove garlic, peeled (optional), plus ¼ cup chopped garlic
4 teaspoons extra-virgin olive oil, divided
1 pound chicken tenders, cut crosswise into ½-inch pieces
1 bunch broccoli rabe, stems trimmed, cut into 1-inch pieces, or 2 bunches broccolini, chopped (see Ingredient note)
2 cups cherry tomatoes, halved
1 tablespoon red-wine vinegar
1/8 teaspoon salt
Freshly ground pepper to taste
¾ cup crumbled feta cheese

Instructions

Grill or toast bread. Lightly rub with peeled garlic clove, if desired. Discard the garlic. You can substitute whole-wheat pasta instead topping off the toast.

Heat 2 teaspoons oil in a large nonstick skillet over high heat until shimmering but not smoking. Add chicken; cook, stirring occasionally, until just cooked through and no longer pink in the middle, 4 to 5 minutes. Transfer the chicken and any juices to a plate; cover to keep warm.

Add the remaining 2 teaspoons oil to the pan. Add chopped garlic and cook, stirring constantly, until fragrant but not brown, about 30 seconds. Add broccoli rabe (or broccolini) and cook, stirring often, until bright green and just wilted, 2 to 4 minutes. Stir in tomatoes, vinegar, salt and pepper; cook, stirring occasionally, until the tomatoes are beginning to break down, 2 to 4 minutes. Return the chicken and juices to the pan, add feta cheese and stir to combine. Cook until heated through, 1 to 2 minutes. Serve warm over garlic toasts.

Serves 4

Tips

Ingredient note: Pleasantly pungent and mildly bitter, broccoli rabe, or rapini, is a member of the cabbage family and commonly used in Mediterranean cooking. Broccolini (a cross between broccoli and Chinese kale) is sweet and tender - the florets and stalks are edible.

Do you or someone you know use transdermal patches?

According to a recent report from the Institute for Safe Medicine, you may have a chance of a drug overdose if you do not follow the directions carefully.

The time released medicated adhesive patch is placed on your skin and the medicine is absorbed through your skin. A problem will arise when you do not wash off the residual medication from the previous patch.

The most common transdermal patches contain medications for: antianginals, birth control, attention deficit hyperactivity disorder (ADHD), nicotine withdrawal and opioids for pain relief.

In the hospital, nurses have a documentation procedure for charting these medications.

By doing this written documentation, usually in a medication book and at the patch area, all medical personnel will know the date, time, location of patch, dose and name of

the person giving the medication. There will be no chance of overdose or missed dose.

It is important to also write the time that the prior patch was removed.

At home, you can do a similar procedure.

This information is for you and for anyone that you may be caring for.

If a family member is unable to apply the transdermal patch on his/her own, it is very important for this information to be available for all family caregivers to know the same accurate information.

1) Keep a small notebook for your transdermal medications. Bring your transdermal notebook with you to your doctor visit each time. At home, keep your notebook in the same area at all times so you will remember to write your documentation immediately after placing on your patch.

2) Note your first patch date, time, location and if you have any unusual side effects

to tell your doctor.

3) Do not write on the transdermal patch in ink. Write information on a bandaid and place it next to the patch!!! Date, time, your initials and where you placed the patch.

4) If a patch should fall off, very carefully look at the skin where the patch was. Remember, patches are sticky and they can adhere on another part of the body. The medicine can still be working so to put on another patch could cause an overdose, especially if a narcotic for pain is being delivered.

5) Many patches are clear and difficult to see. They can stay on for several days at a time. If the edges start to loosen, you may want to tape around the edges to keep it on more snugly. Only cover the smallest edges of the patch.

6) Many of these medications are very powerful so follow the directions for storage and disposal. Speak with your doctor before you leave the office so you understand how to use transdermal patches correctly.

7) Your pharmacist will discuss the patch with you also. Be sure to read all the written information before you put on your first patch.

8) Do not confuse transdermal patches and the pill form of your medication. Do not take both together!! Your doctor has ordered transdermal patches for a reason.

9) Never share your transdermal patches with another

person. Both medications are released at different rates. Your dose may be very dangerous for someone else even if he/she is taking the same medication.

10) Always keep transdermal patches away from children. These patches are toxic doses for children. If you see a child has opened and touched a patch, please call 911 immediately for treatment.

11) Be sure to have extra patches if you are taking a vacation.

You may be a candidate for transdermal patches. Ask your doctor what he/she recommends.

W

Celebra La Vida Con Salud Y Trova

~~~

### Celebrate Life With Health and Free Verse

The First Annual Celebra La Vida Con Salud Y Trova was held on Sunday July 15, 2007. The purpose of Celebra La Vida Con Salud is to bring health awareness to the Hispanic community to help eliminate health disparities. Free medical screenings were available for glucose, cholesterol, prostate cancer, blood pressure, eye and dental exams.

The day began at the Cathedral of the Holy Cross in the South End. The Trovadores were at center stage performing. The mass was sung in the typical peasant (Jibaro) style (decimas) from Puerto Rico. It was a great opportunity for us to witness this wonderful tradition and share it with other cultures. Many attended the mass.

Later on in the afternoon, the Health Festival began on City Hall Plaza. There was music and dancing with Latin Grammy Nominated Ecos de Borinquen, El Grupo Rumba Caribe, along with local bands who performed Spanish Rock, Merengue and Reggaeton. A raffle was offered to the public in where many participants received assorted prizes including Nike sneakers, Ipods, and T-shirts.

During the event, Vilma Valentin was given an award for her outstanding work and support for helping seniors in the City of Boston, which she accepted on behalf of Mayor Thomas M. Menino's Commission on Affairs of the Elderly. She is grateful for the award and hopes that this becomes an annual event in the city.



The First Annual Celebra La Vida Con Salud Y Trova was a much needed event which will continue to develop with the support from the City of Boston and many other sponsors, including local partners La Alianza Hispana and El Jolgorio de Massachusetts, Inc.

For more information on health services for spanish speakers, please contact the LaAlianza Hispana at **617-427-7175**.





# REACH Boston Elders 2010

Assembled by REACH Writing Group; Anita Jones, Rose Perry, Lillian O'Neal and Loretta Dixon

On the fourth Thursday of every month you will see a parade of African American elders entering the William J. Devine Club House at the Franklin Park Golf Course. Are they going to play golf? No, they are REACH Boston Elders 2010 Coalition members. They defy the image of elders at home watching television.

You ask what is REACH Boston Elders 2010? Five years ago REACH (Racial and Ethnic Approaches to Community Health) Boston Elders 2010, a program of the Boston Public Health Commission, began to address the health care disparities existing in the Boston African-American

elder community. There is conclusive evidence that African-Americans are at greater risk of dying from heart disease, stroke and diabetes than their white counterparts. The Coalition focuses on these illnesses to extend life expectancy as well as improve the quality of life.

The Coalition is proud of the following accomplishments:

- Educating African-American elders to be more knowledgeable consumers of health-care.
- Providing members with the tools (i.e. Ask your doctor form) to be pro-active.
- Encouraging members to write letters about important

issues to lawmakers and newspapers as well as lobbying and testifying at the recent Disparities Health Care bill.

- Introducing Tai Chi to community members as an effective way to exercise.
- Creating a writing group to capture the comments of members.

Coalition members have willingly supplied their comments about what REACH Elders has meant to them. Mr. Leon Jackson, a retired civil servant and a dedicated golfer, joined after a chance meeting with Mrs. Thelma Burns Co-Chair of the Coalition at the Devine Club House. He is a strong supporter



of the Coalition and notes that his understanding of his medical problems has increased because of the guest speakers. He is more confident and better able to talk to his doctor. He appreciates the chance to see and talk with friends while enjoying a healthy lunch.

Another regular member, Rose Perry, a soft spoken friendly woman emphasizes that the classes on chronic disease were helpful to her understanding this topic. Quoting her “We work with health professionals to educate them about our needs.” This collaborative nature of the relationship between health care professionals and the elders has been enlightening for all.

Anita Jones, an energetic, engaging woman credits the Coalition as changing her lifestyle and improving her health. Learning about the aging process and the need to adapt and adjust to

living with chronic disease has meant she can better communicate with her doctor as well as understand the concerns of others. She also believes the gathering of friends at the meetings uplifts her spirits.

The highlights mentioned by another member stressed the conviviality at the meetings and the ritual of acknowledging birthdays which are important to her. She lauds the efforts of the organizers and staff who put much thought into the details of the program.

Concurring with the previous statements another member states that, “it has made me aware of health issues that I ignored and was able to correct.”

Hopefully the spirit, enthusiasm and energy of the REACH ELDERS have been captured in these few words. Members share their stories with each

other and encourage each other through their warmth, care and concern to lead a meaningful life.

The Coalition monthly meeting agenda is as follows: welcoming, exercises led by members, report on committee and partnership activities, a presentation on a health care issue by a guest professional, followed by a Q&A session and a health lunch. The enthusiasm for these meetings is shown by the regular attendance of upwards to 90 individuals regularly.

The Coalition has two working committees. The Disparities Committee focuses on the health care concerns of African-American elders and writes letters and op-ed articles. The Evaluation Committee focuses on tracking and documenting the effectiveness of the Coalition’s efforts. Along with these activities, the Coalition maintains partnerships with community agencies and religious organizations to expand outreach to African-American elders.

A TOAST TO THE  
RESILIENCY OF THE  
REACH COALITION  
ELDERS!!



# Elderly Commission Services

Below is a listing of free services and programs that are available to all seniors living in Boston.

## Community Service Advocates/Direct Services Unit

Through this unit, a myriad of services is available to Boston's senior community, among them emergency home health and well-being visits, government benefits and form preparation assistance, and tenant/homeowner issue support, as well as general information and referral assistance. Community Service Advocates manage specific resources, and are available to meet seniors' needs during weather and other emergencies. Advocates act as an information resource as well as proponent for seniors' rights.

## Nutrition

The Elderly Nutrition Program ensures nutritional meals for income eligible seniors, who may dine at any of 40 area congregate lunch sites or receive home meal delivery anywhere in Boston. Considering special dietary requirements for seniors is a top priority. This ensures that everyone has access to the essential nutrients specific to their needs.

## Caregiver Support Service

The Commission on Affairs of the Elderly provides Caregiver Support Services including information and referral, assistance in gaining access to support services, support groups, educational trainings, respite scholarship and information to caregivers who need a helping hand.

## Notary Public

Free notary service is provided to eligible residents through The Elderly Commission. Please call in advance to schedule an appointment.

## Employment and Volunteer Programs

### Senior Companion Program

This program allows seniors to help other seniors by serving as one-on-one companions, helping with everyday life. Both companion and seniors benefit from this program, making meaningful relationships along with impacts on one another's lives.

### Retired and Senior Volunteer Program (RSVP)

Knowing the rewards of volunteering, the Elderly Commission provides seniors the chance to make an impact with their skills and experience through one of the many meaningful opportunities available through the City of Boston and the RSVP Program. Along with helping local non-profits, RSVP participants benefit from the unique fulfillment that comes with volunteering.

## Senior Shuttle

Free curb-to-curb rides are provided to non-emergency medical appointments, grocery shopping and other activities within the City of Boston. Please call (617) 635-3000 at least three days in advance to schedule an appointment. Rides are scheduled on a first-come, first-served basis and are available to anyone over age 60.



## Taxi Discount Coupon Program

The Elderly Commission partners with the Boston Police Department Hackney Division to provide an affordable transportation option. Coupon books are worth \$10 at a cost of \$5 per book for all taxis licensed by the City of Boston. Coupon books are available at Boston City Hall and at various sites throughout the city.

## Community Relations Unit

### Communications

It's important to the Elderly Commission that Boston's seniors are up to date with services, issues, and all things relevant to senior living. *Boston Seniority* magazine is published 10 times per year and is available free at senior centers, libraries, elder housing complexes and other locations throughout Boston. "Boston Seniors Count" is an informational TV program for area seniors broadcast live on Tuesdays at 3:30 p.m. on Boston Neighborhood Network TV Channel 9.

### Events

Over 100 education, recreational, and social events for seniors are offered each year by the Commission and other organizations. Held throughout the City's neighborhoods, these gatherings offer Boston seniors opportunities to learn and socialize with new and old friends, thus decreasing isolation and loneliness.

### Remembering Special Events

Seniors celebrating special events in their lives, such as retirements, notable achievements, anniversaries or birthdays, can receive special recognition from the Mayor and the Elderly Commission.

## Advocacy

**The Mayor's Advisory Council** is a group of over 100 Boston seniors and senior service agency representatives who represent and advocate for Boston seniors. This group advises the Commission on policy, legislation and service areas for future funding.

**Health and Long Term Care Task Force** is a large group of both seniors and agency representatives who work to better the quality of life for Boston seniors by advocating for better health and long term care options and coordination of services.

**Housing Task Force Group** is a small group who are very active in planning and coordinating more options for senior housing in Boston.

**Advocacy Task Force Group** is a medium sized group made of both seniors and agency representatives who work to support legislation that will benefit Boston seniors and advocate for positive changes to the senior service network.

The Elderly Commission is also home to two other organizations serving seniors:

## Boston Area Agency on Aging

The AAA plans, coordinates and advocates services on behalf of the City of Boston's older population, as well as monitors and evaluates other local senior service non-profits which are supported by funds provided through the Older Americans Act.

## Council on Aging

This group promotes the active involvement of seniors in the life and health of their neighborhoods essential in preventing isolation and providing information and referral services .

# What can the *Elderly Commission* Caregiver Program offer you?

By Betsy Downton

The Caregiver Program is part of the Older Americans Act designed to help persons who are caring for frail elders in their homes or elders who are raising their grandchildren or caring for adult mentally disabled children. I receive referrals from many sources: agencies, friends and neighbors or the caregivers themselves. I then do a telephone assessment and, if warranted, a home visit. The assessments let me know what services you need to make your position as a caregiver easier.

I make referrals, help caregivers access services, provide support groups and some counseling and have respite care available. I know of many services which can make the caregiver's life easier. For example, a new medical adult day health center will be opening soon in Boston. This center has extended hours which is of help for those caregivers who work and yet feel uneasy about leaving their relative home alone. Also, there are many caregivers who do not realize the

necessity for legal documents such as health care proxies, power of attorney, etc. These people I can refer to a no cost legal service or attorneys who specialize in elder law. I can refer you to elder home repair programs if you need to make alterations to your home. Home care services, meals on wheels and home health aides are also possible referrals.

The Caregiver Program holds educational series for caregivers. Currently, there is a series being held at Blessed Mother Teresa of Calcutta, 800 Columbia Road, Dorchester. This series, which ends in September, has provided tips for caregivers and information on memory loss and grandparents raising grandchildren. There are also a number of support groups throughout the City, both for caregivers of the elderly and for grandparents raising grandchildren. A new support group for caregivers of older persons will be starting in South Boston, September 20.

Moreover, respite and supplemental services are available. Respite money can be used for camperships for children in the summer or a few days in a care facility for your elder while you take some time for yourself. Other possible uses of the respite money could be used to pay a plumber to work on your drainage problem.

The caregiver services available to grandparents raising grandchildren include: counseling, support groups, respite or campership scholarships and information and referral. Additionally, grandparents are given special education and resources on many child welfare related departments including the Department of Social Services and the the Boston Public Schools.

If you or someone you know could benefit from any of these caregiver services, please contact Betsy Downton at 617-635-3979 or [Elizabeth.Downton@cityofboston.gov](mailto:Elizabeth.Downton@cityofboston.gov)

## Red Rover, Red Rover, Send **Volunteers** Right Over to Play with Homeless Children!

Did you know: at least 1 out of every 24 Massachusetts children is homeless at any given time? An even higher proportion of Massachusetts children experience homelessness over the course of a year, for a total of at least 82,000 homeless children and youth in the Bay State.

Horizons for Homeless Children is seeking 150 volunteers to interact and play with over 500 children living in 55 family, teen parent, and domestic violence shelters in Greater Boston. A commitment of 2 hours a week for 6 months is required. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. It is a rewarding and fun experience for everyone involved.

Please call 617-445-1480 for more information, or visit [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org).

# TONY C: OUR TRAGIC HOMETOWN BOY

By Mike Flynn

Boston has had its share of born and bred sport stars; Doug Flutie, Tom Glavin, Olympic hockey heroes Mike Eruzione, Jim Craig, Jack O'Callahan, B.U. and Red Sox star Harry Agganis. None of their stories are more heart-breaking or inspirational than that of Anthony Richard Conigliaro.

Tony was born in Revere on January 7, 1945. His dad Sal was a busy guy working a factory job as well as several side jobs to keep a young family afloat. When his uncle Vinnie, who always dreamed of playing ball, came home from the war he would take young Tony to the local park to play catch. When Uncle Vinnie was busy, Tony would go alone, hitting and chasing the ball. Today the ball field in that park is named for Tony.

When he was eight, the family moved to East Boston where the streets were filled with young baby boomers and the little leagues were in full swing. Although Tony was too young to play, the coach of the Orient Heights team would let him practice with the older boys. They would all gather to watch him hit because he could send the ball further than the rest. When it came time for high school, he chose St. Mary's of Lynn because it was close to his father's factory job. He excelled in high school and played American Legion ball at the Connerly Post out of Lynn. After high school, his father Sal sent letters to all the teams that had scouted him and asked them to make Tony an offer. The Red Sox won the bidding and Uncle Vinnie could not

believe this skinny kid from the park would be playing for the local nine.

At seventeen Tony was off to the Instructional leagues in Florida as a professional baseball player. After stops in Wellsville New York, Pittsfield, Bradenton and Sarasota Florida, Tony was invited to attend the Sox Spring Training in Scottsdale, Arizona. The Sox had not fielded a competitive team in over a decade. Ted Williams had retired in 1960 and the only one close to being a star was the kid from the Long Island potato farm, Carl Yastrzemski, but he was all business. And then along came Tony. Handsome and glib, Tony C. at nineteen exuded an air of self confidence beyond his years which he backed up with tremendous power at the plate. In a game that spring he hit a ball which many claimed went over 500 feet in the air. The sports writers loved him. Here was good copy; a local kid who hit for power and could talk all day. Soon, the papers back in Boston were filled with stories of the new phenom and the people back here could not wait to see him. Before he even made the team he was getting fan mail.

General Manager Mike Higgins wanted to send Tony back to the minors for more experience, but Manager Johnny Pesky convinced him to bring him north. Guess who was right? In his first at bat at Fenway, the first pitch he saw he smashed over the Green Monster and the legend had begun. Because of his looks, personality and tremendous natural talent, he enlivened a team and an area that

had not been a "baseball town" for a long time. But like Bobby Orr and the Bruins it would take a couple of years for the rest of the pieces to be in place.

Still a teenager, Tony was fast becoming the toast of the town (and many other towns). He loved to sing. In cities around the league he would jump on stage with the band and belt out a tune. In those days the beat writers traveled with the team but they seldom reported personal stories of life on the road and they could have filled columns with Tony. Never a drinker, Tony did not like the taste of alcohol or what it did to his body. But girls liked him and he liked girls. In fact one of the several records he made was called "Playing the Field" (double entendre intended).

Tony always leaned out over the plate when at bat. He was not going to let that outside fast-ball get by him. Teammates and coaches tried talking to him, to no avail. He had no fear of the ball. In July against Cleveland, Tony took a fast ball off the arm and was out for six weeks which would be the first of his many broken bones. In his first at bat back, he hit a pinch hit home run. In his rookie year he had played in only 111 games but hit 24 homers with 52 runs batted in.

His second season was not as idyllic. He had run ins with his manager, endured razzing from the fans when he went into a batting slump, and once again missed a month with a broken bone. And the team lost 100 games! Yet he still hit .269 with 82 R.B.I.s and was the youngest player ever to



lead the American League in home runs.

1966 saw Tony keep racking up the numbers with 28 homers and over 100 R.B.I. but once again, the team was awful with no hope in sight because the odds makers made them a 100-1 shot of winning the pennant the next year.

1967 was called the Summer of Love. Protesting the war in Southeast Asia was almost mandatory, there were hippie love ins, Timothy Leary encouraged people to turn on and drop out of mainstream society, the Beatles joined Sgt Peppers Lonely Hearts Club Band and the Red Sox hired a new manager. Dick Williams was a no nonsense guy who wanted no free spirits on his team. This was going to be a dictatorship. My way or the highway. Needless to say, he and Tony did not actually bond. He promised that his team would win more than they would lose. With the state of the world at the time and the frustrations people felt with all the losing seasons, interest in the Sox was at an all time low. Opening day at Fenway that year drew less than 10,000 fans.

During spring training that year, Tony, as always, hanging out over the plate, was hit in batting practice and suffered another broken bone. Yet he was in the opening day line up. No one saw this season as any different from the recent past. Sure promises had been made. But hadn't they been made in the past. The Red Sox at this time was thought to have a Country Club atmosphere, with players doing their own things. But when Williams got Tony and Yaz to toe the line the rest fell in step. They

may not have liked Williams but they respected him. They started to become a team. By the end of April they were tied with New York for first place. Jim Lonborg was becoming a dominant starting pitcher, Yaz, like Tony, was beginning to hit for power and they had a reliable closer in John Wyatt. In July they ran off ten straight, culminating with a road trip. When they flew in from Cleveland there were 15,000 people waiting at Logan. The season had been dubbed the Impossible Dream and every car radio had the game on. Baseball was fun again in Boston.

All of this exuberance hit the wall Friday night, August 18. With Jack Hamilton on the mound for the visiting California Angels, Tony came to bat with two out and no one on in the fourth. He was again leaning out over the plate, probably looking for that outside slider. Hamilton's first pitch was a fastball, high and tight. Tony tried to spin away, to no avail. The ball trailed in and hit him square on the cheek bone at ninety miles an hour. Tony hit the ground as if shot and did not move. A hush fell over Fenway.

Rico Petrocelli, who was on deck, was the first to reach him. He has said "Tony's face was swelling up like there was somebody inside his skull blowing up a balloon. I thought he would lose his left eye. Blood was pouring from his nose." Later Tony said he thought he would die. He was rushed to Santa Maria Hospital in Cambridge. Tony had a fractured cheekbone, severely bruised left eye and dislocated jaw. Instant death was only two inches high-

er. After the swelling subsided, an examination revealed a blind spot from a cyst as a result of the swelling. Try as he might, Tony would not play again in that Impossible Dream year. He had to sit and watch as the Sox went on to win the pennant on the last day of the season. Tony celebrated in the clubhouse that day, but no one could convince him he was part of it because he was not there at the end. The Sox lost to the St. Louis Cardinals in seven games. His replacements in right, Hawk Harrelson and Jose Tartabull barely contributed at the plate. Would it have been a different outcome had Tony had been there?

In 1968 Tony tried to reinvent himself as a pitcher, but he was always a hitter first. In 1969 he returned claiming his left eye had healed. The Sox opened in Baltimore and with the score tied in the tenth Tony homered to center. He was back! But the magic that was 1967 was gone. By the All-star break the Sox were out of it. In September Dick Williams was fired. But Tony persisted. Ending the year with 20 home runs he was named Comeback Player of the Year. His celebrity was renewed. He went on To Tell the Truth, the Dating Game and the Merv Griffith Show, went out with Miss Massachusetts, Natalie Woods' sister Lana and Playboy Playmates.

By 1970, he was back to his old self at the plate, having his best year ever with 36 homers and 116 R.B.I.s, but he was making a lot of errors in the field. His eye was degenerating and he could not judge fly balls. In September he was traded to the Angels, the

same team that cost him two years. All of Boston was stunned, as was Tony. "I am shocked by the trade. I was born in Boston, almost died there and expected to play all my career there."

His time in California was a nightmare. It was his first extended period away from home. In a game in Los Angeles in July he had a meltdown on the field and was ejected from the game. His manager called him nuts. He got on the first plane back to Boston and announced his retirement. He said his eye had never really gotten better and actually may be worse. He could not exist without his support group of family and friends in Boston.

In 1975, after running Tony C's nightclub in Nahant for several years, he got the bug again and asked the Red Sox for a tryout. Incredibly he made the team. On opening day Tony posed for pictures with new career home

run champ Henry Aaron. Would Tony have passed him if he stayed healthy? This second comeback proved fruitless as in June he was demoted to Pawtucket and in August he retired for good. Once again the Red Sox went to the World Series without him.

Tony was offered a sportscasters job in San Francisco. It lasted five years until his Boston accent caught up with him and he was let go. He had made many close friends when in California, but he was a Boston boy at heart, so when he was offered a tryout as the T.V. color commentator for the Red Sox, he flew home. This would be his dream job. He auditioned on January 7 and by many accounts was great. That night he and his brother Billy and several friends went out on the town to celebrate his birthday. On the Saturday morning Tony was to fly to Atlanta for a meeting with an agent. As his brother was driving

him to Logan, they passed through Orient Heights, where he started playing ball. Tony fell forward and grabbed his chest. Billy sped to Mass. General. He had had a heart attack. He was 37. Tony had suffered severe brain damage and languished in a semi-vegetative state for eight years before finally passing away at age 45.

Looking back on that Summer of Love, my last year of high school, the sounds of the sixties, the Surf Nantasket, and that sensational baseball team that was the 1967 Red Sox, always that horrible evening of August 18 is there and the thought of what might have been. We may never see anything like Tony Conigliaro again.

On the 40th anniversary of that fateful night, the Sox had a Tony C Appreciation Day and they are considering retiring his number. You can help by writing the Boston Red Sox at 4 Yawkey Way 02215.

## **CLUB LIDO PRESENTS...**

# **WONDERLAND BALLROOM IS BACK!**

**JOIN US EVERY WEDNESDAY EVENING at 6:30  
for DINNER & DANCING with a LIVE BALLROOM BAND,  
FREE DANCE LESSONS,  
& an ITALIAN DINNER BUFFET.**

**\$10 ADMISSION (plus \$3 parking fee)**

**\$5.00 OFF WITH THIS COUPON**

-Doors at 6:30- -Free Dance Lessons at 7:00- -Band Plays from 8:00 to 11:00-  
Complimentary Dinner, Donuts, and Coffee with Admission (first come, first served)  
21 plus only and proper dress required

*Valid for use before September 26, 2007, For more info call 781-289-3080*





Rita Rogers and Julian Martin smile for the camera while waiting for the concert to start on City Hall Plaza.



Commissioner Eliza Greenberg congratulates Mary Boyle on her 31st GREAT grandchild!



Girls of the Veronica B. Smith celebrate with Director Mark Ciommo.



Senior Companion Bernice McNee celebrates her service at the Senior Companion Recognition Luncheon.



Zitan Chen (right) and Yauzhao Zhang enjoy the boat trip on Lake Winnepesaukee.



Southie girls enjoy the Wednesday night concerts on City Hall Plaza.





The handsome and always well-dressed Beckles on the boat trip at Lake Winnepesaukee. Patricia is also a member of the Memoir Project!



Mayor Thomas M. Menino congratulates Jeanne Taylor of Savin Hill, Dorchester on winning an all inclusive trip to Punta Cana, Dominican Republic in CheapCaribbean.com's free raffle at the first of six concerts in the Dorothy Curran Wednesday Evening Concert Series.



Sarah Blakeney, Senior Companion, shows her award at the Recognition Luncheon.



Stella Scio and MArgery Delorey cut the rug on City Hall Plaza.



Michael and Roberta Buggy on Board USS Mt. Washington.



Helen Ewing, Mr. Downey and Janet Spence set sail!





Elderly Commission staff member, John Fabiano, escorts a happy Esme Littleton to the USS Mount Washington on the Lake Winnepesaukee boat trip.



The always lovely, Shirley Thatcher.



Jose Alves and Norma Ferguson at the Senior Companion Recognition Luncheon.



Charlestown Gal Pals, Helen Kane and Marion Richard at the Golden Age Center.



Correction from last month's Seniority. Provi DiGirolamo was a Bronze metal winner of the Bocci event in this year's Senior Games. The Team: (from left to right) Mary Ania, Provi DiGirolamo, Teresa Ruppuci and Teresa Palermo. Congratulations Girls!

The young man pictured is John Bailey, Assistant Director of Permits in Parks and Recreation Department. He was representing the SENA Union, a \$1,000 sponsor of the Games.





Eliza Greenberg and Helen Laferhty (right) enjoy the Dorothy Curran Wednesday night concerts.  
Helen boy can you dance!



Mayor Menino and Staff of CHEAPCARRIBEAN.com congratulate Maria Bortolotto on winning her Caribbean cruise! Bon Voyage!



Dottie Grasselli and Joan Cardinal in the Veronica B. Smith Museum, Brighton.



Yvonne Holbrook left and Rosemary Yanetti of East Boston get ready to set sail on Lake Winnepesaukee.



..... And then the rain came.... The gang waits to board the boat trip in New Hampshire.



# The City of Boston *Elderly Commission*



Presents

## Mayor Thomas M. Menino's Health & Fitness Walk

Wednesday, October 10, 2007

11:00 a.m. – 2:00 p.m.

on the Boston Common at the Visitor's Center at Park Street Station

*Wear Comfortable Walking Shoes*

If transportation is needed, please check (✓) your preferred pick-up site\*:

|                    |                                                                                                                                                                                                                                                           |                                                                                     |                                                                                                                                                                                                                                                                                     |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Brighton</b>    | <input type="checkbox"/> Veronica B. Smith Senior Center, 20 Chestnut Hill Ave.<br><input type="checkbox"/> Chinese Golden Age Center, 677 Cambridge Street                                                                                               | <b>Jamaica Plain</b>                                                                | <input type="checkbox"/> Curtis Hall, 20 South Street<br><input type="checkbox"/> Nate Smith, 155 Lamartine Street<br><input type="checkbox"/> Julia Martin House, 90 Bickford Street                                                                                               |
| <b>Dorchester</b>  | <input type="checkbox"/> Saint Brendan Church, 589 Gallivan Blvd.<br><input type="checkbox"/> Keystone Apartments, 151 Hallet Street<br><input type="checkbox"/> Savin Hill Apartments, 130 Auckland Street<br><input type="checkbox"/> 37 Lindsey Street | <b>Roxbury</b>                                                                      | <input type="checkbox"/> Council of Towers, 2875 Washington Street<br><input type="checkbox"/> Freedom House, 14 Crawford Street<br><input type="checkbox"/> Reggie Lewis Center, 1350 Tremont Street<br><input type="checkbox"/> Saint Joseph's Community, 86 Cripus Attucks Place |
| <b>East Boston</b> | <input type="checkbox"/> East Boston Social Center, 68 Central Street<br><input type="checkbox"/> Orient Heights Community Center, 86 Boardman Street<br><input type="checkbox"/> Brandy Wine, 88 Brandywine Drive                                        | <b>South Boston</b>                                                                 | <input type="checkbox"/> West Broadway Task Force, 81 Orton Marotta Way<br><input type="checkbox"/> Agnes V. Shea Senior Center, 7 Burke Street<br><input type="checkbox"/> Waterview Apartments, 1350 Columbia Rd.                                                                 |
| <b>Hyde Park</b>   | <input type="checkbox"/> Blake Estates, 1344 Hyde Park Avenue<br><input type="checkbox"/> Cleary Square Parking Lot, Across from Police Station<br><input type="checkbox"/> Readville Seniors, St Ann's Parking Lot, 82 West Milton                       | <b>West Roxbury</b>                                                                 | <input type="checkbox"/> VFW Pkwy, Center Street between CVS & Walgreens<br><input type="checkbox"/> Holy Name Church, 1689 Centre Street                                                                                                                                           |
| <b>Mattapan</b>    | <input type="checkbox"/> Church of the Holy Spirit, 535 River Street, Mattapan<br><input type="checkbox"/> Foley Apartments, 249 River Street                                                                                                             | <b>Note: The Boston Common is on the Red and Green Lines at Park Street Station</b> |                                                                                                                                                                                                                                                                                     |

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

\*Sites may be deleted based on the number of people registered at each site. For more information, please call 617-635-4168

**Entertainment      Refreshments      2/3 Mile Walk      Warm-Up Stretches      Rain or Shine      Mini Health Fair**

If you are interested in participating, please complete the following form and return by Friday, September 28 to:

Commission on Affairs of the Elderly  
One City Hall Plaza Room 271 – Boston, MA 02201  
Attention: Michael McColgan  
Or Fax: 617-635-3213

**Please Print**

|                      |                |           |
|----------------------|----------------|-----------|
| Name                 | Street Address |           |
| Neighborhood and Zip |                | Telephone |

### ***Waiver of Liability***

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature \_\_\_\_\_ Date \_\_\_\_\_